

# **SOUTH AFRICAN SCHOOLS ATHLETICS**

## **NATIONAL PRIMARY SCHOOLS TRACK & FIELD CHAMPIONSHIPS MAIN STREAM**

### **COMPETITION MANUAL**



**STADIUM  
PETER MOKABA STADIUM  
LIMPOPO PROVINCE**

**24-26 MARCH 2024**

# S.A. SCHOOLS ATHLETICS - PRIMARY SCHOOLS TRACK & FIELD CHAMPIONSHIPS 2024.

## SECTION A

1. **DATE: MONDAY & TUESDAY: 25 & 26 MARCH 2024.**
2. **VENUE: PETER MOKABA STADIUM, LIMPOPO**
3. **AGE GROUPS: CATEGORY, AGE GROUP AND ACTUAL AGE IN 2024.**

### **PRIMARY SCHOOL MAIN STREAM**

<b>CATEGORY</b>	<b>AGE GROUP</b>	<b>ACTUAL AGE IN 2024</b>
Primary Youth	13	Born in 2011 (13 years of age in the year of 1 Jan 2024 - 31 Dec 2024)
Primary Youth	12	Born in 2012 (12 years of age in the year of 1 Jan 2024 - 31 Dec 2024)
Sub Primary Youth	11	Born in 2013 (11 years of age in the year of 1 Jan 2024 - 31 Dec 2024)
Sub Primary Youth	10	Born in 2014 (10 years of age in the year of 1 Jan 2024 - 31 Dec 2024)

## **4. CONTINGENT PER PROVINCE**

### **4.1 PROVINCE**

- The maximum number of athletes per Province as stipulated in section Nr 6, p 3.

### **4.2 ACCOMPANYING OFFICIALS – ALLOCATION**

ALLOCATION: (Average – One Official for every 15 athletes – Maximum 13 Officials)

#### ATHLETES

#### TEAM OFFICIALS

80	-	5 (1 General Manager + 2 Managers + 2 Coaches)
90	-	6 (1 General Manager + 2 Managers + 3 Coaches)
110	-	7 (1 General Manager + 2 Managers + 4 Coaches)
120	-	8 (1 General Manager + 2 Managers + 5 Coaches)
180	-	12 (1 General Manager + 2 Managers + 9 Coaches)
200	-	12 (1 General Manager + 2 Managers + 9 Coaches)
220 and more-		12 (1 General Manager + 2 Managers + 9 Coaches)

- **One (1)** Provincial Athletics Chairperson
- **Six (6)** Qualified Technical Officials/Province (Sharing Track & Field)

### **4.3 TECHNICAL OFFICIALS**

The names of Technical Officials should be filled in on the accompanying form and send back by the 12<sup>th</sup> of March 2024.

**Maximum 6 Technical Officials from each Province.** (See page 17 and complete).

- The rest of the Technical Officials will be from the Hosting Province.

5. **REGISTRATION OF TEAMS** (Please note the Date of Registration & Proceedings)  
**The General Manager/Delegate must report for REGISTRATION of their teams on Sunday, 24 March 2024 between 09:00 and 15:00 at the Peter Mokaba Athletics Stadium, Limpopo.**

*This Transport & Accommodation is for each Province account.*

Scrutiny and Age Verification will be done at this meeting – Bring the File with Athletes Info with you!

Verification of Team Entries and Withdrawals will be dealt with, as well as all checks!! (Withdrawals and replacements can be done during this time).

6. **PARTICIPATING TEAMS & MAXIMUM NUMBER OF ATHLETES ALLOWED**

PROVINCE	Maximum number of athletes. MAIN STREAM	<b>MAXIMUM 1290 Participants</b>
1. EASTERN CAPE PROV.	140	
2. FREE STATE PROV.	180	
3. GAUTENG PROV.	220	
4. KWA ZULU NATAL PROV.	90	
5. LIMPOPO PROV	110	
6. MPUMALANGA PROV	120	
7. NORTH WEST PROV.	150	
8. NORTHERN CAPE PROV.	80	
9. WESTERN CAPE PROV.	200	
<b>TOTAL</b>	<b>1290</b>	

**NB - Only Provincial Teams take part and no Individual athlete will be allowed.**

7. **NUMBERS**

SASA will provide the competition numbers and pins. Numbers must be pinned (according to the WA/ASA rules) at the front and back of the competition vest. In the case of High Jump an athlete can have only one number at the front. Separate numbers will be provided for relays – four numbers per team.

8. **LOGISTICS**

**Accommodation, Transport, Attire is the responsibility of each Province.**  
**Provinces are requested to bring their own TENTS or GAZEBO's for shelter.**

## 9. ASSIZING OF IMPLEMENTS

Implements for the Throws (First day of the competition) must be handed in for asizing purposes at the Stadium on Sunday, 24 March 2024, between 12:00 and 15:00 at the asizing room.

## 10. ENTRANCE FEES FOR SPECTATORS

- ADULTS - R 30.00 per person
- LEARNERS - R 15.00 per learner (Competing Athletes does not pay)
- VEHICLES - R 20.00 per vehicle

## 11. TEAM ENTRIES

**CLOSING DATE: SUNDAY, 10 MARCH 2024 - 24:00**

Names of athletes must be entered in alphabetical order in the space provided on the entry form. Complete entries on the official entry form and email to:

**Mr. Johan Badenhorst**  
Email: [joba@joba.co.za](mailto:joba@joba.co.za)  
Cell: 083 300 2873

**Mr: Dawid Pieterse**  
E-Mail: [dawid.pieterse@gauteng.gov.za](mailto:dawid.pieterse@gauteng.gov.za)  
Cell: 082 676 6576

**Mrs Yvonne Schalk**  
Email: [Yvonne.Schalk@gauteng.gov.za](mailto:Yvonne.Schalk@gauteng.gov.za)  
Cell: 0767667662

**Please verify your submission after you have forwarded it to the above !**

Best Time/Distance/Height recorded by the athlete for the 2023/24 season **must** be entered in the appropriate block which will also serve as indicator in which heat the athlete will participate in. (Lane draw purposes).

**Penalties will be charged on late registration and submission of names, as decided at the 2014 SASA Annual General Meeting. The penalty for late registration of teams is R 500,00 per day and/or part thereof.**

## 12. VERIFICATION OF BIRTH

The SASA Executive has been mandated at a General Council Meeting (AGM) held on 9 November 2018, to implement from 2019 the **NEW Athlete Identity Verification Form.** **(This document can be used for the next 3 years)**

It is compulsory for all athletes to present this document at the National Schools Championship as certified document for identity clarification to participate. **(Please take note that NO athlete will be allowed to participate if this document cannot be presented before the start of the championship)**

**The new form must be completed in full. All details regarding the athlete, his/her original ID Colour Photo must be placed on the form with the certified photocopy of the Birth certificate/ Passport.**

**Very important: Birth Certificate/ Passport, no clinic cards**

### **PLEASE NOTE:**

The Principal / Deputy Principal/ SAPS qualified as Commissioner of Oath and **must** be certify the photocopy certificate on this template as a true copy **and** put School Stamp **partially over** the I.D. photo **and** partially over photocopied certificate. ***School Stamp must indicate the date.***

***NB:*** The General Manager of each Province must have a list of all Athletes with the relevant information stating the date of birth of each athlete. The list must be verified and duly approved and signed-off by the Provincial Structure.

All Team Managers must, however, verify their athletes who finish among the top 3 (three) in an event, before the medals are awarded.

Any Team Manager, failing to comply with this arrangement, will forfeit the athlete's medal. Provinces will be held responsible if an athlete is entered in the wrong age division.

## 13. MEETING FOR TEAM MANAGERS AND OFFICIALS

13.1 A meeting for Team Managers and Technical Officials will be held on Thursday, 24 March 2024 at the **allocated Hall** between 15:00 and 17:00.

Only withdrawals (accompanied by a medical certificate) will be allowed at this meeting **(Replacement or Changes will be allowed with the Deadline at 15:00).**

**15H00** = **Team Managers Meeting; Team Managers & Event Management.**

**16H00** = **Technical Monitoring Meeting; for Event Managers, Referees & Technical Officials.**

13.2 **Competition Day 1:** Technical Officials – One hour before start of the competition.  
Team Managers – 10:00 and 16:00  
**Competition Day 2:** Technical Officials – One hour before start of the competition.  
Team Managers – 10:00 and 13:00

- 13.3 It is of vital importance that all General Managers and Officials attend these meetings.
- 13.4 General Managers and Assistants as well as Technical Officials attending the various meetings should make use of private transport and attend the meetings as required – They should not depend on the Team Bus for transport.

#### 14. SURFACE OF TRACK

All running and certain field events will take place on a tartan surface.

- Track, Long- & Triple Jump = 7mm (Maximum length of Spikes)
- High Jump & Javelin = 9mm (Maximum length of Spikes).

#### 15. QUALIFYING STANDARDS - Appendix-B, Page 13

#### 16. OFFICIAL OPENING – (Compulsory for all Teams).

The official opening at the Stadium will be held on Sunday, 24 March 2024 at 18:00.

17H15 = Parade Assembly & March Pass (All athletes and Team Officials will take part)

18H00 = Start of the Opening Ceremony; Maximum 1 Hour !

Banners for the Provincial Teams for this occasion will be provided by the Organizers/SASA.

All Athletes, Team Managers & Coaches will take part in the Parade & March Pass.

General Managers are requested to ensure that their teams remain for the full duration of the opening ceremony

#### 17. TECHNICAL OFFICIALS

Officials must be dressed in **Black Bottoms & White Tops** for officiating. If sponsored Tops are provided the officials must be dressed in the provided shirts.

All Officials are requested to report 60 minutes prior to the start of the meeting on Friday and Saturday.

The 8 Provinces- will provide 6 Technical Officials = **Total 48.**

The Hosting Province will provide the remaining **72** Technical Officials. = Total **120.**

A list with the serving Technical Officials will be circulated to all Provinces at least 7 days before the start of the event.

#### **Indemnity by Technical Officials**

All Technical Officials must sign the required Indemnity Form, as approved by ASA, before they can go on the Track or Field to render their services.

## **18. MEDALS & TROPHIES**

Championship Medals will be awarded to the first three (3) athletes in the finals.  
A Trophy will be awarded to the Best Performer in every section as indicated – Track Girls, Track Boys, Field Girls and Field Boys & Overall winning Province

**Please see the Time Slots for the Medal Presentation on the competition program. These athletes must assemble 30 minutes before the time of presentations as scheduled.**

All Team Managers must, however, verify their athletes who finish among the top three (three) in an event, before the medals are awarded.

Any Team Manager failing to comply with this arrangement will forfeit the athlete's medal. (Provinces will be held responsible if an athlete is entered in the wrong age division.)  
**(This planning may change if the organizers find it necessary to do so)**

## **SECTION B**

### **1. GENERAL RULES**

- 1.1 No littering within the grounds will be allowed.
- 1.2 Respect officials - poor behaviour etc. can result in suspension.
- 1.3 No alcohol or glass bottles will be allowed at the stadium.**
- 1.4 Team Managers and Coaches are responsible for the good conduct and behaviour of their own athletes. Disciplinary action will be taken against any defaulting Province.
- 1.5 Athletes will not be allowed to compete in any event if in the opinion of the officials, he/she is not suitably attired.
- 1.6 First Aid will be provided at the stadium in the case of injuries or emergencies.
- 1.7 A medical doctor will be on standby. The cost of treatment by this doctor will be for the account of the athlete or his/her province. Provinces are requested to provide their own physiotherapist for their team's own general purposes.
- 1.8 Athletes who belong to a medical scheme must bring their membership cards in case of a serious injury.
- 1.9 Doping tests will be done randomly during the championships.
- 1.10 Implements for the throwing events must be given in on registration for ASIZING. The implement will be returned to the athlete at the start of the event.
- 1.11 No person, except officials, will be allowed within the arena. The same apply to athletes who are not participating. Only Team Managers may enter the competition area to launch a protest.

### **2. RULES FOR THE COMPETITION**

- 2.1 Athletes must report to the officials at the warming up area at least 30 minutes before the event commences to be accompanied to the track.
- 2.2 Athletes must leave the arena immediately after they have completed their event.
- 2.3 Track athletes must remain in their lanes after completing their event. Track judges will take them to the recording table.
- 2.4 Athletes who obtain any of the first 3 positions in the final must report to the officials in charge of the medal presentation.
- 2.5 **Heats, Semi-Finals and Finals will take place in accordance with Rule141.**
  - 2.5.1 Heats in Sprints, Hurdles and the Relay (2 heats)**
    - 2 Heats: NO SEMI-FINALS (Finals only)

### **2.5.2 Heats in Sprints (3-6 heats)**

- (a) To Semi-final (No quarter finals).
- (b) 3 Heats: First 4 in each heat plus 4 fastest times = 16 (8 lanes)  
First 5 in each heat plus 5 fastest times = 20 (10 lanes)
- (c) 4 Heats: First 3 in each heat plus 4 fastest times = 16 (8 lanes)  
First 4 in each heat plus 4 fastest times = 20 (10 lanes)
- (d) 5 Heats: First 2 in each heat plus 6 fastest times = 16 (8 lanes)  
First 3 in each heat plus 5 fastest times = 20 (10 lanes)
- (e) 6 Heats: First 2 in each heat plus 4 fastest times = 16 (8 lanes)  
First 2 in each heat plus 8 fastest times = 20 (10 lanes).

### **2.5.3 To Finals**

- 2 Semi-Finals: First 3 in each semi plus 2 fastest times = 8 (8 lanes)  
First 4 in each semi plus 2 fastest times = 10 (10 lanes)

### **2.5.4 Heats in Hurdles and Relays (4-5 heats)**

- (a) To finals (no semi-finals)
- (b) 2 Heats: First 3 in each heat plus 2 fastest times = 8 (8 lanes)  
First 4 in each heat plus 2 fastest times = 10 (10 lanes)
- (c) 3 Heats: First 2 in each heat plus 2 fastest times = 8 (8 lanes)  
First 3 in each heat plus 1 fastest time = 10 (10 lanes)
- (d) 4 Heats: First 1 in each heat plus 4 fastest times = 8 (8 lanes)  
First 1 in each heat plus 6 fastest times = 10 (10 lanes)
- (e) 5 Heats: First 1 in each heat plus 3 fastest times = 8 (8 lanes)  
First 1 in each heat plus 5 fastest times = 10 (10 lanes)

### **2.5.5 Semi-finals in Sprints,**

- (a) First 3 in each Semi-final plus 2 fastest times = 8 (8 lanes)  
First 3 in each Semi-final plus 4 fastest times = 10 (10 lanes)

### **2.5.6 Middle Distances - 800m, 1200m and 1500m**

- (a) No Semi-finals will be run – Only heats and finals.
  - (b) 2 Heats: First 8 in each heat.
  - (c) 3 Heats: First 5 in each heat.
  - (d) A maximum of 16 athletes per final.
- Middle distance race, 800m event, will be started in lanes.

### **2.5.7 Field events:**

There shall be no elimination rounds in the field events.

## 2.6 **STARTING RULE (IAAF Rule 162.7 – As amended)**

- (a) Provision is made to allow for **ONE false start** in all running events.
- (b) All athletes taking part in the Sprints, Hurdles and Relays must use starting blocks. Starting Blocks will be provided at the start.

## 2.7 **ENTRY RULES**

- (a) All competitors must be Bona Fide School Learners, with a minimum age of 10 years and maximum of 13 years in the year of competition.
- (b) A Province is allowed to enter a maximum of 3 Athletes per Event per Age Group.
- (c) An athlete may participate in a maximum of 3 (three) events plus one relay. The events could be all Track or all Field or a Combination of the two.
- (d) Athletes may only take part in the age group that correspond with the year of birth. (Age 10 – Born in 2014; Age 11 – Born in 2013; Age 12 – Born in 2012 Age 13 – Born in 2011). No athlete younger than 10 years old will be allowed to participate in any event.
- (e) Athletes will not be allowed to compete in two different age groups. (**NO 12-year-old learners for the race walk event**)
- (f) All athletes must comply with the minimum qualifying standards for the Competition, as set out in the Qualifying Standards for 2024, page 13.

2.8 **PROTEST / APPEALS:** Protests concerning the result or conduct of an event must be made within 30 minutes of the official announcement of the result of the event. Any protest shall, in the first instance be made to the referee either by the athlete himself or by the Team Manager. If no consensus is reached, an Appeal may be lodged to the Jury of Appeal in writing, signed by the Team Manager on behalf of the athlete and must be accompanied by a deposit of **R 500.00** before the appeal is heard. The deposit will be forfeited if the protest is frivolous.

## 2.9 **COMPETITION RULES:**

ASA Rules will be applied, unless amended by SASA.

## 3. **TRACK & FIELD PROGRAMME**

A copy of the preliminary programme is included. The official programme will be provided at the Team Managers' meeting on Thursday, 21 March 2024.

See attached programme - Pages 21-27!!

## S.A. SCHOOLS ATHLETICS - PRIMARY SCHOOLS TRACK & FIELD 2024

### Age Groups SASA T&F Championships: 10, 11, 12, 13 Boys & Girls

EVENT	BOYS (Age)					GIRLS (Age)			
	10	11	12	13		10	11	12	13
80 m	x	x			–	x	x		
100 m	x	x	x	x	–	x	x	x	x
150 m			x		–			x	
200 m				x	–				x
800 m				x	–				x
1,200 m	x	x	x		–	x	x	x	
1,500 m				x	–				x
70 mH	x	x			–	x	x		
75 mH			x		–			x	x
80 mH				x	–				
150 mH			x		–			x	
200 mH				x	–				x
Shot-put	x	x	x	x	–	x	x	x	x
Discus			x	x	–			x	x
High Jump	x	x	x	x	–	x	x	x	x
Long Jump	x	x	x	x	–	x	x	x	x
Javelin			x	x	–			x	x
Race Walk 1500m				x	–				x
Relay 4 x 100m	x	x	x	x	–	x	x	x	x

## S.A. SCHOOLS ATHLETICS - PRIMARY SCHOOLS TRACK & FIELD

1. Approved Heights and Weights of Implements - 2024.
2. Age Groups for the SASA T&F Championships = 10, 11, 12, 13 (Boys & Girls).

EVENT	BOYS/Age				GIRLS/Age			
	10	11	12	13	10	11	12	13
70 m H	68,0 cm	68,0 cm			68,0 cm	68,0 cm		
75 m H			76,2 cm				68,0 cm	76,2 cm
80 m H				76,2 cm				
150 m H			68,0 cm				68,0 cm	
200 m H				68,0 cm				68,0 cm
Shot-put	2,0 Kg	2,0 Kg	3,0 Kg	4,0 Kg	2,0 Kg	2,0 Kg	3,0 Kg	3,0 Kg
Discus			750 g	1,0 Kg			750 g	750 g
Javelin			500 g	600 g			500 g	500 g

2. Approved Heights, Distances between Hurdles and Number of Hurdles for all Hurdle Events.

BOYS						
Age	Distance Meter	Height Cm	Distance: Start to First Hurdle	Distance: Between Hurdles	Distance : Last Hurdle to Finish	Total
10	70 mH	68,0 cm	10,00 M	7,00 M	11,00 M	8
11	70 mH	68,0 cm	10,00 M	7,00 M	11,00 M	8
12	75 mH	76,2 cm	11,00 M	7,50 M	11,50 M	8
	150 mH	68,0 cm	23,00 M	19,00 M	13,00 M	7
13	80 mH	76,2 cm	12,00 M	8,00 M	12,00 M	8
	200 mH	68,0 cm	16,00 M	19,00 M	13,00 M	10

GIRLS						
Age	Distance Meter	Height Cm	Distance: Start to First Hurdle	Distance: Between Hurdles	Distance : Last Hurdle to Finish	Total
10	70 mH	68,0 cm	10,00 M	7,00 M	11,00 M	8
11	70 mH	68,0 cm	10,00 M	7,00 M	11,00 M	8
12	75 mH	68,0 cm	11,00 M	7,50 M	11,50 M	8
	150 m H	68,0 cm	23,00 M	19,00 M	13,00 M	7
13	75 mH	76,2 cm	11,00 M	7,50 M	11,50 M	8
	200 m H	68,0 cm	16,00 M	19,00 M	13,00 M	10

**QUALIFYING STANDARDS for 2024**

**(Updated 15 Jan 2024)**

EVENT	BOYS				GIRLS				
	10	11	12	13	10	11	12	13	
80m	Hand Time Elect Time	11,20 11,44	10,90 11,14			11,60 11,84	11,30 11,54		
100m	Hand Time Elect Time	13,76 14,00	13,60 13,84	13,10 13,34	12,10 12,34	14,40 14,64	14,00 14,24	13,50 13,74	13,10 13,34
150m	Hand Time Elect Time			19,44 19,68				20,50 20,74	
200m	Hand Time Elect Time				25,00 25,24				27,50 27,74
800m	Coastal Time Inland Time				2:16,00 2:18,00				2:26,00 2:28,00
1,200m	Coastal Time Inland Time	4:05,00 4:09,00	3:54,00 3:58,00	3:50,00 3:52,00		4:20,00 4:24,00	4:10,00 4:14,00	4:00,00 4:04,00	
1,500m	Coastal Time Inland Time				4:40,00 4:44,00				5:05,00 5:10,00
1500mW	Coastal Inland Time				8:20,00 8:27,00				9:00,00 9:07,00
70mH	Hand Time Elect Time	12,20 12,04	11,80 12,04			13,40 13,64	12,20 12,44		
75mH	Hand Time Elect Time			12,40 12,64				12,40 12,64	12,30 12,54
80mH	Hand Time Elect Time				12,30 12,54				
150mH	Hand Time Elect Time			22,50 22,74				24,30 24,54	
200mH	Hand Time Elect Time				29,20 29,44				32,10 32,34
Shot Put		9,00m	11,30m	11,00m	11,50m	8,00m	9,70m	9,60m	10,20m
Discus				32,00m	36,00m			25,00m	30,00m
High Jump		1,24m	1,34m	1,48m	1,54m	1,18m	1,30m	1,40m	1,48m
Long Jump		4,10m	4,50m	4,80m	5,20m	3,80m	4,10m	4,40m	4,60m
Javelin				33,00m	36,00m			24,00m	28,00m
Main Stream - H / J Starting Height		1,19	1,29	1,43	1,49	1,13	1,25	1,35	1,43
H = Hand Time		E = Electronic Time							
C = Coastal Time		I = Inland Time							

**SASA RECORDS – PRIMARY SCHOOLS T&F – 2024**

## BOYS 13

Updated: 12.01.2024

EVENT	NAME	PROV	RECORD	DATE	VENUE
100m	R Jephtha	WPR	11,03	2001	Secunda
200m	K Mojapelo	GAUT	22,85	21/03/2023	Pietermaritzburg
800m	A Zondwayo	ECA	2:02,51	2002	Univ. W. Cape
1500m	N Nzimande	KZN	4:11,28	30/03/2009	Polokwane
80m H (76,2cm)	T. Nel	FS	11,04	21/03/2023	Pietermaritzburg
200m H (68cm)	W Pheiffer	WCA	26,65	20/03/2015	Germiston
1500m Walk	S Jansen	WCA	7:13,60	20/03/2011	Germiston
High Jump	E-Jay Brown	WCA	1,75m	21/03/2023	Pietermaritzburg
Long Jump	R Pienaar	NWP	6,18m	19/03/2006	Durban
Shot Put (4kg)	H Sauer	SGT	16,06m	2001	Secunda
Javelin (600g)	J Schlebusch	FS	55,62m	15/03/2013	Sasolburg
Discus (1kg)	L Pavier	GAUT	51,50m	16/03/2018	Paarl
Relay: 4X100m	Gauteng Province	GAUT	46,10	15/03/2013	Sasolburg

## BOYS 12

EVENT	NAME	PROV	RECORD	DATE	VENUE
100m	T York	EPR	11,21	2000	Kroonstad
150m	C Galant	WCA	17,70	21/03/2014	Paarl
1200m	S Boyi	WPR	3:25,24	1999	Paarl
75mH (76,2cm)	R Smit	NWP	11,09	21/03/2023	Pietermaritzburg
150m H (68cm)	J Jacobs	WCA	20,21	21/03/2023	Pietermaritzburg
High Jump	H Kotze	NGT	1,71m	1996	Bellville
Long Jump	K Mintwell	NGT	5,50m	2000	Kroonstad
Shot Put (3kg)	L Pavier	GAUT	16,95m	24/03/2017	Potchefstroom
Javelin (500g)	T Swanepoel	WCA	43,91m	28/03/2008	Bellville
Discus (750g)	T Stevens	GAUT	47,21m	15/03/2019	Germiston
Relay: 4X100m	Western Cape	WCA	48,97	21/03/2014	Paarl

## BOYS 11

EVENT	NAME	PROV	RECORD	DATE	VENUE
80m	C Galant	WCA	10,10	15/03/2013	Sasolburg
100m	M Jonas	ECA	12,26	1998	Pietersburg
1200m	L Faku	ECA	3:30,00	1997	East London
70m H (68cm)	H Pienaar	NKN	10,63	1996	Bellville
High Jump	A Matthysen	GAUT	1,59m	15/03/2019	Germiston
	S Bredell	WCA	1,59m	15/03/2019	Germiston
Long Jump	S Mavisela	MPU	5,22m	21/03/2014	Paarl
Shot Put (2kg)	D van Dyk	FS	14,81m	11/03/2016	Port Elizabeth
Relay: 4X100m	Gauteng	GAUT	51,24	30/03/2009	Polokwane

## BOYS 10

<b>EVENT</b>	<b>NAME</b>	<b>PROV</b>	<b>RECORD</b>	<b>DATE</b>	<b>VENUE</b>
80m	J Booyesen	WPR	10,22	1996	Bellville
100m	L Felton	WPR	12,03	2001	Secunda
1200m	S Poyne	ECA	3:41,84	2002	Univ. W. Cape
70m H (68cm)	J Thom	GAUT	11,45	15/03/2019	Germiston
High Jump	J Bartelman	FS	1,50m	1997	East London
	M Kumbe	MP	1,50m	21/03/2023	Pietermaritzburg
Long Jump	B Beukes	BOL	4,82m	1998	Pietersburg
	J Fourie	WCA	4,82m	15/03/2019	Germiston
Shot Put (2Kg)	Z Pistorius	GAUT	11,93m	21/03/2023	Pietermaritzburg
Relay: 4X100m	Gauteng	GAUT	54,02	15/03/2013	Sasolburg

## **GIRLS 13**

<b>EVENT</b>	<b>NAME</b>	<b>PROV</b>	<b>RECORD</b>	<b>DATE</b>	<b>VENUE</b>
100m	S Gardiner	BOL	11,93	2001	Secunda
200m	K la Grange	GAUT	25,18	24/03/2017	Potchefstroom
800m	I Bekker	GAUT	2:14,92	21/03/2003	Bloemfontein
1500m	A Nice	GAUT	4:38,40	13/03/2004	Germiston
75m H (76,2cm)	B van As	SFS	11,07	2002	Univ. W. Cape
200m H (68cm)	E Kriel	FS	28,27	24/03/2007	Pretoria
1500m Walk	A Oosthuizen	WCA	7:16,08	28/03/2008	Bellville
High Jump	K Rothballer	MPU	1,74m	23/03/2012	Durban
Long Jump	T Cupido	WCA	5,60m	24/03/2007	Pretoria
Shot Put (3kg)	M la Grange	GAUT	14,14m	15/03/2019	Germiston
Javelin (500g)	J van Dyk	WCA	43,55m	19/03/2010	East London
Discus (750g)	L de Wet	NWP	48,35m	15/03/2019	Germiston
Relay: 4X100m	Gauteng	GAUT	49,79	15/03/2019	Germiston

## **GIRLS 12**

<b>EVENT</b>	<b>NAME</b>	<b>PROV</b>	<b>RECORD</b>	<b>DATE</b>	<b>VENUE</b>
100m	G October	SWD	12,28	2001	Secunda
150m	A Fourie	FS	18,09	21/03/2014	Paarl
1200m	A van Staden	GAUT	3:38,18	16/03/2018	Paarl
75m H (68cm)	S Mofokeng	FS	11,22	21/03/2003	Bloemfontein
150m H (68cm)	T Ramokgopa	GAUT	21,14	15/03/2019	Germiston
High Jump	M Jacobs	NGT	1,65m	1996	Bellville
Long Jump	C Jenkins	GAU	5,11m	24/03/2017	Potchefstroom
Shot Put (3kg)	S du Toit	SGT	14,37m	2000	Kroonstad
Javelin (500g)	L Jacobs	SWD	35,02m	2000	Kroonstad
Discus (750g)	L de Wet	NWP	38,84m	16/03/2018	Paarl
Relay: 4X100m	Gauteng Province	GAUT	51,89	15/03/2019	Germiston

## GIRLS 11

EVENT	NAME	PROV	RECORD	DATE	VENUE
80m	A Conley	GAU	10,08	2002	Univ. W. Cape
100m	W Jacobs	BOL	12,50	2001	Secunda
1200m	M Dimond	GAU	3:47,02	24/03/2017	Potchefstroom
70m H (68cm)	M Compaan	GAUT	11,07	21/03/2014	Paarl
High Jump	M Jacobs	NGT	1,56m	1995	Durban
Long Jump	KL Abrahams	WCA	4,94m	24/03/2017	Potchefstroom
Shot Put (2kg)	R Slump	WCA	12,62m	20/03/2015	Germiston
Relay: 4X100m	Western Province	WCA	53,70	1998	Pietersburg

## GIRLS 10

EVENT	NAME	PROV	RECORD	DATE	VENUE
80m	H Walker	WCA	10,09	30/03/2009	Polokwane
100m	M Dankwa	SGT	12,34	1996	Bellville
70m H (68cm)	A Sauer	GAU	11,52	2002	Univ. W. Cape
1200m	M Dimond	GAU	3:53,89	11/03/2016	Port Elizabeth
High Jump	A Herbst	FS	1,40m	23/03/2012	Durban
Long Jump	R Cleophas	WPR	4,48m	1995	Durban
Shot Put (2Kg)	C Olivier	GAU	10,09m	24/03/2017	Potchefstroom
Relay: 4X100m	Western Province	WCA	55,10	1995	Durban

# TECHNICAL OFFICIALS

## OFFICIALS SERVING AT THE S.A. SCHOOLS ATHLETICS - PRIMARY SCHOOLS T&F CHAMPIONSHIPS – 2024.

**RETURN DATE: Tuesday, 12 March 2024 – Latest**

**Send to: Me. Sibongile Nxumalo**

**E-Mail: [ngan enxumalo@gmail.com](mailto:ngan enxumalo@gmail.com) / Cell: 082 337 7685**

**[Yvonne.Schalk@gauteng.gov.za](mailto:Yvonne.Schalk@gauteng.gov.za) Cell: 0767667662**

**PROVINCE:** \_\_\_\_\_

OFFICIAL NAME + SURNAME	EVENTS Choice		Accreditation Number	LEVEL E.g. I	Halaal Kosher Vegetarian
	1	2			
1					
2					
3					
4					
5					
6					

Certified correct by the Provincial Structure: \_\_\_\_\_

*SIGNATURE*

NAME: \_\_\_\_\_ Contact No: \_\_\_\_\_

DATE: \_\_\_\_\_

## TEAM ENTRIES – COVER PAGE - 2024

1. PROVINCE : _____		
2. NUMBER OF ENTRIES	BOYS	GIRLS
10		
11		
12		
13		
<b>TOTAL</b>		

**Print the names and gender of the persons accompanying the team.**

3.1 Provincial Athletics Chairperson: \_\_\_\_\_

3.2 General Manager \_\_\_\_\_

3.3 Assistant Managers 1. \_\_\_\_\_

2. \_\_\_\_\_

3.4 Coaches 1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

PROVINCIAL STRUCTURE : \_\_\_\_\_ DATE: \_\_\_\_\_

This information is certified correct.

## WITHDRAWAL & SUBSTITUTION FORM

### S.A. PRIMARY SCHOOLS ATHLETICS - 2024

This form is to be used only after entries have been confirmed. It must be submitted to the Technical Information Center well in time.

### WITHDRAWAL

Province: ..... Team Manager: .....

Event No	Event	Athlete No	Competitor Name	Reason for Withdrawal

Signature: ..... Date: ..... Time: .....

**Deadline for this submission is at 15:00 on Sunday, 24/03/2024**

### SUBSTITUTION

Province: ..... Team Manager: .....

Event No	Event	Athlete No	Competitor Name	Reason for Withdrawal

Signature: ..... Date: ..... Time: .....

# APPEAL FORM

## S.A. PRIMARY SCHOOLS ATHLETICS - 2024

Protest lodged by or on behalf of .....

Province: .....

Event No: ..... Event: .....

**According to the rule of this competition, all protests presented to the Referee must include a deposit of R 500.00.**

**If the Protest fails, the money may not be returned.**

I.A.A.F. rule(s) and or local competition rule(s) alleged to have been contravened

.....

Grounds for lodging protest .....

.....

.....

Signature: ..... Date: ..... Time: .....

### **Official Use Only**

<b>Time at which result was announced</b>	<b>Time at which protest was made to the Referee</b>	<b>Time Received</b>

Jury's Decision: .....

.....

The fee will be:                      Returned .....                      Not Returned .....

Chairperson: ..... Date: ..... Time: .....

**SA PRIMARY SCHOOLS**  
**TRACK & FIELD CHAMPIONSHIPS 2024**  
**COMPETITION PROGRAMME**

<b>FIRST DAY OF COMPETITION - MONDAY, 25 MARCH 2024</b>
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1	08:00	Girls 11	1200m	Heats	Final 119
2	08:00	Boys 13	Long Jump (A Pit)		<b>Final</b>
3	08:00	Girls 13	Long Jump (B Pit)		<b>Final</b>
4	08:00	Boys 12	High Jump (A Mat)		<b>Final</b>
5	08:00	Girls 12	High Jump (B Mat)		<b>Final</b>
6	08:00	Girls 11	Shot Put (A Circle)		<b>Final</b>
7	08:20	Girls 10	80m	Heats	Semi-final 33
8	08:30	Boys 10	80m	Heats	Semi-final 34
9	08:40	Girls 11	80m	Heats	Semi-final 35
10	08:50	Boys 11	80m	Heats	Semi-final 36
11	09:00	Girls 12	150m	Heats	Semi-final 37
12	09:10	Boys 12	150m	Heats	Semi-final 38
13	09:30	Girls 13	200m	Heats	Semi-final 39
14	09:50	Boys 13	200m	Heats	Semi-final 40
15	10:00	Girls 13	800m	Heats	Final 67
16	10:10	Boys 13	800m	Heats	Final 68
17	10:10	Girls 13	Shot Put (B Circle)		<b>Final</b>
18	10:10	Boys 12	Discus Throw		<b>Final</b>

19	10:10	Girls 12	Javelin		<b>Final</b>	
20	10:20	Girls 10	70m Hurdles	Heats		Final 59
21	10:30	Boys 10	70m Hurdles	Heats		Final 60
22	10:40	Girls 11	70m Hurdles	Heats		Final 61
23	10:50	Boys 11	70m Hurdles	Heats		Final 62
24	10:50	Boys 11	Long Jump (B Pit)		<b>Final</b>	
25	10:50	Girls 11	Long Jump (A Pit)		<b>Final</b>	
26	10:50	Boys 10	High Jump (A Mat)		<b>Final</b>	
27	10:50	Girls 10	High Jump (B Mat)		<b>Final</b>	
28	11:00	Girls 12	75m Hurdles	Heats		Final 63
29	11:10	Boys 12	75m Hurdles	Heats		Final 64
30	11:20	Girls 13	75m Hurdles	Heats		Final 65
31	11:30	Boys 13	80m Hurdles	Heats		Final 66
	<b>11:30</b>		<b>Medal Presentation</b>		<b>ITEMS: 2, 3, 4, 5, 6</b>	
32	11:40	Boys 11	1200m	Heats		Final 120
33	11:50	Girls 10	80m	Semi-finals		Final 48
34	12:00	Boys 10	80m	Semi-finals		Final 49
35	12:10	Girls 11	80m	Semi-finals		Final 50
36	12:20	Boys 11	80m	Semi-finals		Final 51
37	12:30	Girls 12	150m	Semi-finals		Final 52
38	12:40	Boys 12	150m	Semi-finals		Final 53
39	12:50	Girls 13	200m	Semi-finals		Final 54
40	13:00	Boys 13	200m	Semi-finals		Final 55
41	13:00	Boys 13	Shot Put (A Circle)		<b>Final</b>	
42	13:00	Boys 11	Shot Put (B Circle)		<b>Final</b>	
43	13:00	Boys 12	Javelin		<b>Final</b>	
44	13:00	Girls 12	Discus Throw		<b>Final</b>	

45	13:00	Girls 11	High Jump (B Mat)		<b>Final</b>	
46	13:00	Girls 12	1200m	Heats		Final 121
47	13:10	Boys 12	1200m	Heats		Final 122
48	13:20	Girls 10	80m		<b>Final</b>	
49	13:25	Boys 10	80m		<b>Final</b>	
50	13:30	Girls 11	80m		<b>Final</b>	
51	13:35	Boys 11	80m		<b>Final</b>	
52	13:45	Girls 12	150m		<b>Final</b>	
53	13:50	Boys 12	150m		<b>Final</b>	
54	14:05	Girls 13	200m		<b>Final</b>	
55	14:15	Boys 13	200m		<b>Final</b>	
	<b>14:20</b>		<b>Medal Presentation</b>	<b><u>ITEMS:</u> 17, 18, 19, 24, 25, 26, 27</b>		
56	14:25	Girls 13	1500m Walk		<b>Final</b>	
57	14:45	Girls 10	1200m	Heats		Final 123
58	14:55	Boys 10	1200m	Heats		Final 124
59	15:05	Girls 10	70m Hurdles		<b>Final</b>	
60	15:10	Boys 10	70m Hurdles		<b>Final</b>	
61	15:15	Girls 11	70m Hurdles		<b>Final</b>	
62	15:20	Boys 11	70m Hurdles		<b>Final</b>	
63	15:25	Girls 12	75m Hurdles		<b>Final</b>	
64	15:30	Boys 12	75m Hurdles		<b>Final</b>	
65	15:35	Girls 13	75m Hurdles		<b>Final</b>	
66	15:40	Boys 13	80m Hurdles		<b>Final</b>	
	<b>15:50</b>		<b>Medal Presentation</b>	<b><u>ITEMS:</u> 41, 42, 43, 44, 45, 48, 49, 50, 51, 52, 53, 54, 55, 56</b>		
67	15:50	Girls 13	800m		<b>Final</b>	
68	15:55	Boys 13	800m		<b>Final</b>	
69	16:05	Girls 10	100m	Heats		Semi Final 84
70	16:15	Boys 10	100m	Heats		Semi Final 85
71	16:25	Girls 11	100m	Heats		Semi Final 86
72	16:35	Boys 11	100m	Heats		Semi Final 87
73	16:45	Girls 12	100m	Heats		Semi Final 88

74	16:55	Boys 12	100m	Heats	Semi Final 89
75	17:15	Girls 13	100m	Heats	Semi Final 90
76	17:35	Boys 13	100m	Heats	Semi Final 91

## SECOND DAY OF COMPETITION - TUESDAY, 26 MARCH 2024

77	08:00	Boys 13	High Jump (A Mat)		<b>Final</b>	
78	08:00	Girls 13	High Jump (B Mat)		<b>Final</b>	
79	08:00	Boys 12	Long Jump (A Pit)		<b>Final</b>	
80	08:00	Girls 12	Long Jump (B Pit)		<b>Final</b>	
81	08:00	Girls 10	Shot Put (A Circle)		<b>Final</b>	
82	08:00	Girls 13	1500m	Heats		Final 141
83	08:10	Boys 13	1500m	Heats		Final 142
84	08:20	Girls 10	100m	Semi-finals		Final 100
85	08:30	Boys 10	100m	Semi-finals		Final 101
86	08:40	Girls 11	100m	Semi-finals		Final 102
87	08:50	Boys 11	100m	Semi-finals		Final 103
88	09:00	Girls 12	100m	Semi-finals		Final 104
89	09:10	Boys 12	100m	Semi-finals		Final 105
90	09:25	Girls 13	100m	Semi-finals		Final 106
91	09:35	Boys 13	100m	Semi-finals		Final 107
	<b>09:40</b>		<b>Medal Presentation</b>	<b><u>ITEMS:</u> 59, 60, 61, 62, 63, 64, 65, 66, 67, 68</b>		
92	09:50	Girls 12	150m Hurdles	Heats		Final 112
93	10:00	Boys 12	Shot Put (B Circle)		<b>Final</b>	
94	10:00	Boys 13	Javelin		<b>Final</b>	
95	10:00	Girls 13	Discus Throw		<b>Final</b>	
96	10:00	Boys 11	High Jump (A Mat)		<b>Final</b>	
97	10:00	Boys 12	150m Hurdles	Heats		Final 113
98	10:15	Girls 13	200m Hurdles	Heats		Final 114
99	10:25	Boys 13	200m Hurdles	Heats		Final 115
100	10:40	Girls 10	100m		<b>Final</b>	
101	10:50	Boys 10	100m		<b>Final</b>	
102	11:00	Girls 11	100m		<b>Final</b>	
103	11:10	Boys 11	100m		<b>Final</b>	
104	11:20	Girls 12	100m		<b>Final</b>	
105	11:30	Boys 12	100m		<b>Final</b>	

106	11:40	Girls 13	100m	Final	
107	11:50	Boys 13	100m	Final	
	<b>12:00</b>		<b>Medal Presentation</b>	<b><u>ITEMS:</u> 77, 78, 79, 80, 81</b>	
108	12:00	Boys 10	Long Jump (B Pit)	Final	
109	12:00	Girls 10	Long Jump (A Pit)	Final	
110	12:00	Boys 10	Shot Put (A Circle)	Final	
111	12:00	Girls 12	Shot Put (B Circle)	Final	
112	12:10	Girls 12	150m Hurdles	Final	
113	12:20	Boys 12	150m Hurdles	Final	
114	12:35	Girls 13	200m Hurdles	Final	
115	12:45	Boys 13	200m Hurdles	Final	
116	12:55	Boys 13	1500m Walk	Final	
	<b>13:30</b>		<b>Medal Presentation</b>	<b><u>ITEMS:</u> 93, 94, 95, 96, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111</b>	
117	13:30	Boys 13	Discus Throw	Final	
118	13:30	Girls 13	Javelin	Final	
119	13:30	Girls 11	1200m	Final	
120	13:40	Boys 11	1200m	Final	
121	13:50	Girls 12	1200m	Final	
122	14:00	Boys 12	1200m	Final	
123	14:10	Girls 10	1200m	Final	
124	14:20	Boys 10	1200m	Final	
	<b>14:20</b>		<b>Medal Presentation</b>	<b><u>ITEMS:</u> 112, 113, 114, 115, 116</b>	
125	14:30	Girls 13	1500m	Final	
126	14:40	Boys 13	1500m	Final	
127	14:50	Girls 10	4x100m Relay	Final	
128	15:00	Boys 10	4x100m Relay	Final	
129	15:10	Girls 11	4x100m Relay	Final	
130	15:20	Boys 11	4x100m Relay	Final	
131	15:30	Girls 12	4x100m Relay	Final	
132	15:40	Boys 12	4x100m Relay	Final	

	15:50	<b>CLOSING CEREMONY</b>		
	16:20		Medal Presentation	<b>ITEMS:</b> 117, 118, 119, 120, 121, 122, 123, 124, 125, 126
133	16:30	Girls 13	4x100m Relay	<b>Final</b>
134	16:40	Boys 13	4x100m Relay	<b>Final</b>
	16:50 to 17:10	<u>No Medal Presentation</u> <b>Medals will be collected at the medal room/table for these items because of time constraints</b> <u>Team managers collect and sign for medals</u>		<b>ITEMS:</b> 127 - 134